

Turkey Meatloaf Recipe & Directions

Turkey Meatloaf Ingredients

- 3/4 cup quick-cooking oats
- 1/2 cup skim milk
- 1 medium onion, (3/4 chopped, 1/4 sliced)
- 2 pounds ground turkey breast
- 2 cloves garlic cloves, minced
- 2 tablespoon Dijon mustard
- 2 teaspoon dried oregano
- 2 teaspoon dried basil
- 2 eggs, beaten
- 2 teaspoons Worcestershire sauce
- 1/4 cup ketchup
- 1 teaspoon salt
- Freshly ground black pepper
- 1.5 Cup tomato sauce

Turkey Meatloaf Recipe

- Preheat the oven to 375 degrees F.
- In a small bowl, stir together the oats and milk. Thinly slice 1/4 of the onion and set aside. Finely chop the remaining onion. In a large bowl, combine the turkey, oat mixture, chopped onion, garlic, Dijon mustard, oregano, basil, eggs, Worcestershire sauce, ketchup, salt and a few grinds of pepper. Mix just until well combined.
- Add the meatloaf mixture to a 7-by-11-inch baking dish and flatten to form an even top layer. Pour a cup of tomato sauce over the meatloaf and sprinkle with the sliced onions. Bake for about 1 hour or until an instant-read thermometer registers 160 degrees F.
- Remove from the oven, add the other half cup of tomato sauce and let rest for 5 - 10 minutes before slicing.
- Enjoy!